

# News Notes to Parents

March 2023

## *Load Up of Fruits and Veggies*

The benefits of eating more fruits and vegetables go far beyond helping to maintain a healthy weight. Think about better skin, fewer wrinkles, healthier teeth and gums and lower risk of diseases. As parents, we can play a big role in helping our families load up on vitamin-packed fruits and vegetables — by serving more at home, increasing the variety and quantity available, and setting a good example by eating them ourselves. Try these creative ideas to boost fruit and veggie consumption at your house.

### *Getting Healthy Together*

1. **Try making smoothies or slushes.** Blend ice with fruit and some yogurt or a little low-fat milk, and your kids can “drink their fruit.” You can even sneak



in some carrots for a delicious breakfast beverage.

2. **Put some grapes or bananas in the freezer to make fruit more fun.** These cold, healthy treats can be eaten like popsicles!
3. **Serve raw veggies with ranch dip or some salsa to add a little zip.** Your family will love these crunchy treats packed with zesty flavor. Keep carrots in a glass of water to keep them crisp and ready for a



fast snack. Add veggies or fruit to the baked goods your family already loves. Blueberry pancakes and carrot muffins are always a big hit — and healthy, too!

4. **Serve your soups, stews and sauces with extra veggies.** Sneak them in, shredded or cooked, and your family will get a healthy bonus. They may not even notice the difference.
5. **Get fruity with your peanut butter!** Serve apple slices or grapes with peanut FIVE butter, or try a peanut butter and banana sandwich.

### *Eating out Tips*

- Trade the fries for a healthier option like sliced apples or a salad
- Order a kids’ meal for smaller portions, and resist the urge to super size!

### *Conversation Starters*

- What’s your favorite fruit?
- What’s your favorite vegetable?
- Did you know carrots can actually improve your night vision?

Source: [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

# Let's Talk Money

When was the last time you taught your child a financial concept?

As children grow and start to make choices, they learn that people, things, and money have value. These concepts form the foundation for understanding the importance of spending, sharing, and saving. How to handle money and begin to make financial decisions are important life skills that can be taught as soon as children can count, along with the difference between a "want" and a "need."

Does your child have an imagination? Try setting up a pretend bakery or restaurant and give your child the opportunity to create/use a menu with food items and prices listed! Try taking turns being the customer, wait staff, and other job roles with your child.

Does your child enjoy books? Try checking some of these out at your local library!

- *The Berenstain Bears' Trouble with Money*, by Stan and Jan Berenstain
- *Money Hungry Monkey*, by Paul Peters
- *One Cent, Two Cent, Old Cent, New Cent: All About Money*, by Bonnie Worth
- *If You Made a Million*, by David M. Schwarz



Source: <https://dfi.wa.gov/financial-education/educators/online-games-and-apps>

## Apple Pie Fruit Leather

### Ingredients:

- 4 cups peeled, chopped apples
- ½ cup water
- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cardamom



### Directions:

*Before you begin: Wash your hands.*

1. Wash, peel and chop apples. Place apples in a medium saucepan over medium heat and cover with water. Cover and cook for 10 minutes, stirring occasionally until apples are soft.
2. Add in sugar and spices and let cook an additional 5 minutes until gooey and reduced. Remove from heat and let cool slightly.
3. Place apple mixture into a blender and puree until smooth and no chunks remain. If you have an immersion blender, you can do this right in the saucepan.

4. Preheat oven to 170°F.
5. Line a large baking sheet with parchment paper or non-stick baking mat. Use a spatula to spread the apple mixture into as thin and even a layer as possible. Or, place a second piece of parchment paper on top of the apple mixture and press gently to carefully spread it. Unlike with cookies, the mixture will not spread when baking, so any thinner or thicker spots will cook unevenly.
6. Place in oven and cook for 3½ to 4 hours. The leather should be tacky but not wet. Remove from the oven and let rest for at least 2 hours.
7. Remove and slice into strips. Enjoy as is or wrap in wax paper for storage.

### Nutrition Analysis:

Serving size: 1 – 2"x17" strip      Serves: 12

Calories: 63; Total Fat: 0g; Sodium: 3mg; Total Carbohydrate: 16g; Fiber: 2g; Sugars: 13g; Protein: 0g

Source: [www.eatright.org](http://www.eatright.org) Alexandra Caspero, MA, RD

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